

*Love Your Heart...
Reduce Your Stress!*



Discover the 7 Keys to Healthy Living in Today's Unhealthy World...

With

Dr. Valerie McVay

You'll learn....

- **How to heal yourself with food & lose weight naturally**
- **How to get rid of the aches & pains of everyday life**
- **The 3 essentials to getting enough exercise**
- **And much more!**

**Tuesday, April 16, 2013 at Noon
In Conference Room 3000**

Please be sure to register with Janelle Hall



Caring Touch Pain Relief Center

5900 Hiatus Road, Suite 100

Cooper City, FL 33330

(954) 252-7744

www.caringtouchpainrelief.com

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